

2023 PARENTS CROSS COUNTRY GUIDE

COACHES-

Matt Candrl – Head Coach	17th Season	email: mcandrl@dutchmen.us
Contact numbers:	646-4005 school	437-8550 home
David Koppelman – Asst. Coach HS	10 th Season	email: dkoppelman@dutchmen.us
Contact numbers:	646-4005 school	
Megan Pondrum – Head Coach MS	2nd Season	email: mpondrum@dutchmen.us
Contact numbers:	646-4039 school	
Shane Hunt – Asst. Coach MS	1st Season	email: shunt@dutchmen.us
Contact numbers:	646-4041 school	

WEBSITE- www.coachcandrl.weebly.com All forms will be here.

MEET RESULTS: <http://mo.milesplit.com/calendar>

CALENDAR- A copy of the calendar will be posted at WEEBLY WEBSITE or DISTRICT WEBSITE under Athletics.

HS/MS Athletes-GOOGLE CLASSROOM- www.classroom.google.com HS code: **63srgn**
MS Code: **oz5nj4q**

TWITTER- Follow Dutchmen/Dutchgirl Athletics.. **owenathletics** (cancelations/changes)
Follow Cross Country **owenrunners**

SAT. Aug. 19 (HS) CROSS COUNTRY CAR WASH 8am-Noon

SAT. Aug. 19 TEAM CAMPOUT- PRAIRIE STAR

Leave Admin 4:30pm Pickup Admin: 8:00am Sunday 20th

Tues. Oct. 10 Home Meet. Will need workers.

Fri. Oct. 20 HS SENIOR NIGHT- Your HS Senior son/daughter will be honored at the beginning of the home cross country meet.

Tue. Nov. 7th End of the Year Awards

HELP WITH HOME CROSS COUNTRY MEETS—See forms page!

HS Grade Policy- Students that have a 64% or lower in any class when progress reports are issued you will proceed normally with practice and meets, however you will be expected to attend after practice tutoring from 5:30-6:15pm twice a week until the progress reports are re-issued. If you fail to attend a session that week you will be expected to attend Saturday School. If you fail to attend the Saturday School then you will be held out of the next meet.

HS Lettering Policy- Can be found on Team Website. www.coachcandrl.weebly.com

CROSS COUNTRY SHIRTS/GEAR/SHOES/SPIKES-

TEAM STORE: <https://ohsxc23.itemorder.com/shop/home/>

OTHER SPIKES/SHOES

(Use coupon codes at <https://www.retailmenot.com/> if ordering online.)

See closeouts at <http://www.runningwarehouse.com/> great return policy.

See closeouts at www.firsttothefinish.com + shipping

See closeouts at <http://www.dickpondathletics.com/> +shipping

See closeouts at <http://www.vsathletics.com/> +shipping

INJURIES/PAIN--Simple Rule- Heat before you run.....ice after!

Putting heat on an injury or sore area of the body after a run/race only increases the blood flow. thereby increasing swelling. If your son or daughter always feels sluggish then it is recommend your child get checked for mono or a blood test. Many great runners have been slowed by anemia. A simple blood test could reveal a need for an iron supplement. If you go this route, make sure your doctor checks for ferritin.

Ferretin is iron storage and the first sign of trouble. A simple blood test will reveal a need for an iron supplement.

Asthma?? Inhaler?? --

Please give the Coach Candri/Coach Pondrom your letter approving it from you doctor to use it for meets.

USE OF AN ATOMIZER DURING COMPETITION: A physician's statement must be presented to the meet director/referee prior to the beginning of the meet for a competitor to use an atomizer during competition containing a Prescription asthmatic drug. This authorization is for use from time reported to the start line through the finish of the race. Authorization is not needed outside of this time frame. (NFHS Rule 4-6 Note 1)

Letter regarding Iron Deficiency- See weebly Website

Post Workout-- Drink Chocolate Milk!!

MEET INFO:

BREAKFAST DAY OF RACE

Carbs (Bagels, Cereal- Oatmeal or Bran Flakes, etc. sugar cereals (not a lot of value), Fruit, Water)

MUNCHIES/SNACKS FOR THE MEET

Parents can provide bagels, fruit, granola bars or Gatorade for away XC Meets.

They can be dropped off prior to the bus leaving.

BRING YOUR LAWNCHAIR.....and set up camp near our tent!

WHEN CHEERING-Be careful.....be stationary...moving/running with them will cause them to be disqualified.

Athletes will start warm-up process 1 hour before they race with the team.

Athletes will run 10-15 min. after end of race to cool down-

ENCOURAGE THEM TO GET THEIR SHOES BACK ON TO START THEIR COOLDOWN.

The sooner the cooldown begins after the race the better. The sooner they stretch the less likely they will be sore.

RIDES HOME AFTER MEET—

Coach Candri & Coach Pondrom will allow for players to be signed out following away games. School Policy allows you to designate an additional two individuals or two sets of parents that can sign your child out. Please use the link in INFINITE CAMPUS.

We will stop in Rosebud, and Gerald on our way home when our meets are that direction. We will wait about 5 min. and then head on to the HS.

INCLEMENT WEATHER PLAN PRACTICE- On-campus: will stay at the school during practice.

Off-campus: will seek the shelter of the bus.

INCLEMENT WEATHER PLAN MEETS- Meets will run that day with a delay of 30min. per Lighting strike.